

# HOW A POSITIVE COMMENT CHANGED MY LIFE

by Joshua Crabb

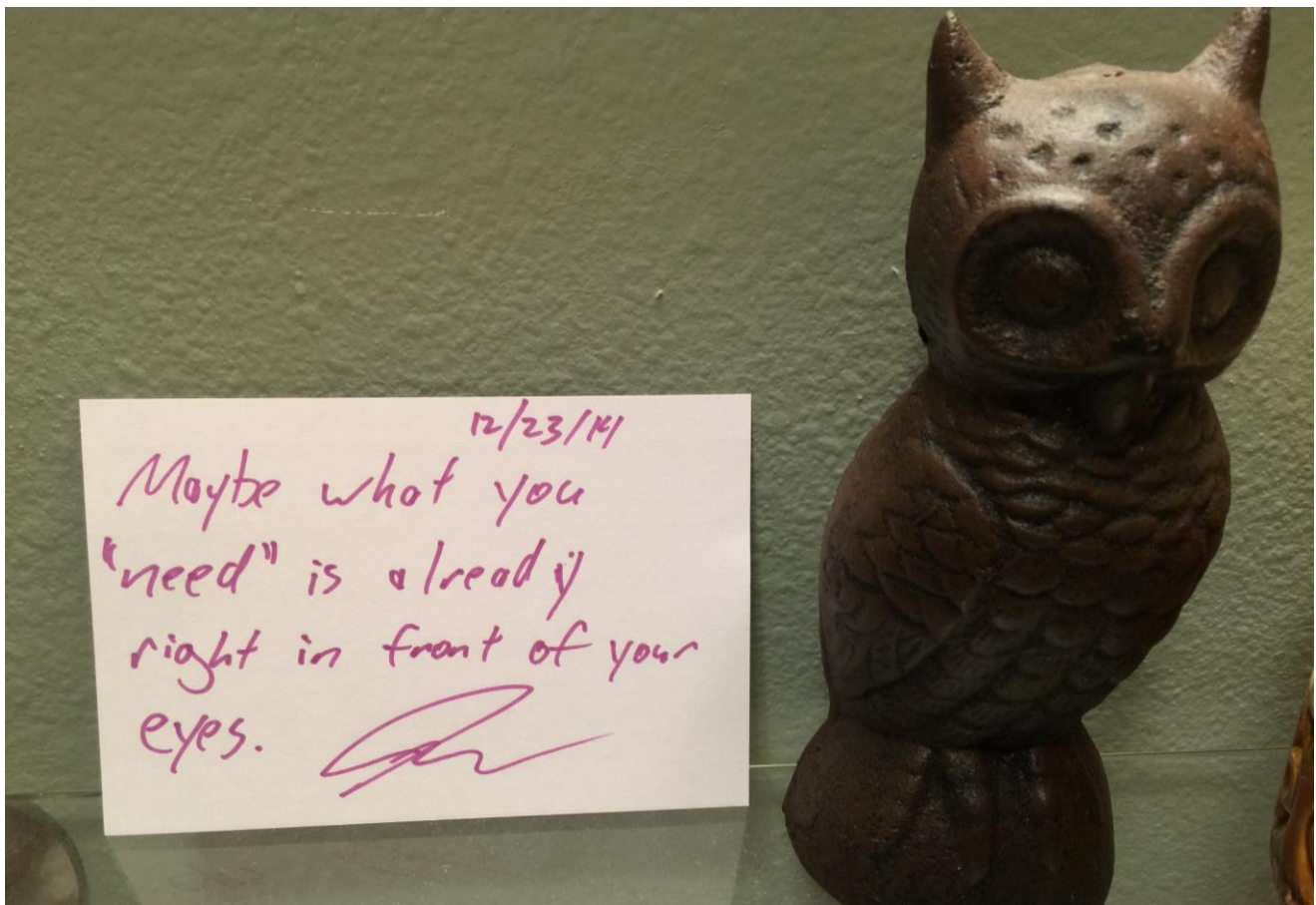
For most of us, positive thoughts come and go. Often, they're overruled by negative thoughts. One "what a beautiful day" is eclipsed by a driver flipping you off, a notification of an overdue bill, and the fear that you're going to be late for work. That single positive thought that started the day is quickly erased by a day of fear, negativity, and stress. Life continues like this unless you make it stop. The truth is that quitting negativity isn't difficult. And one positive comment is all that it really takes.

One short year ago, I was going down a path that was very self-destructive. I'd had a series of events that I believed to be bad luck.

One thing after another happened at work. I was letting it consume me. The negativity was overwhelming. I was no longer productive with my job, and my health was deteriorating quickly. I'd gained about 20 pounds and felt like a slug.

I'd sit at my desk and remind myself to breathe.

It sounds crazy, but I was forgetting to breathe. It hurt. I started seeing spots in my left eye and had developed chronic and almost unbearable headaches.



I was afraid to go to a doctor, because I knew that he'd tell me I was on the verge of having a heart attack or a stroke.

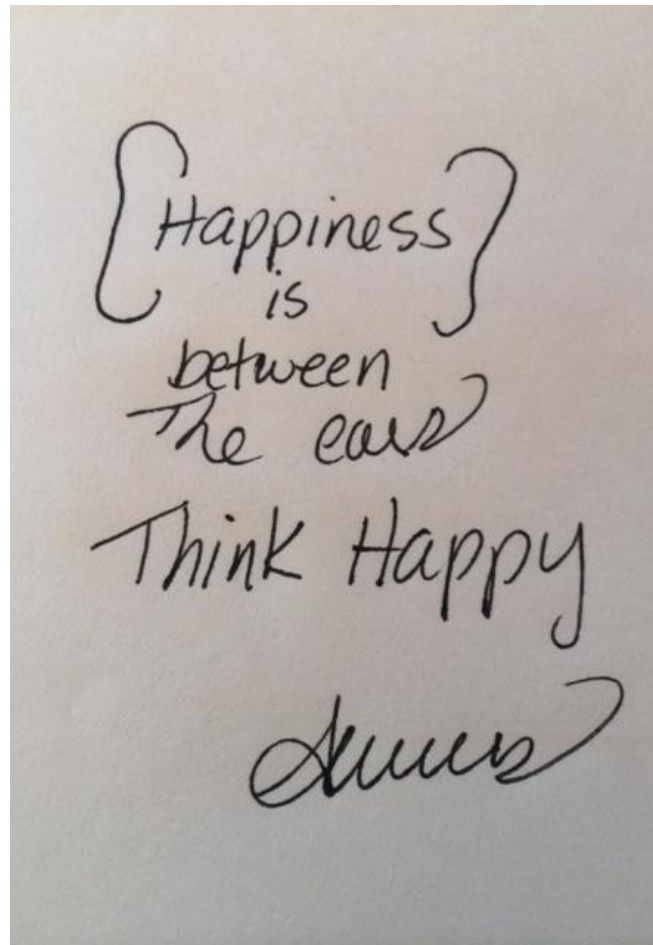
### The Epiphany – The First Powerful Positive Comment of the Day

One morning, when I was getting ready for another day at work I heard my four-year-old playing in his room. Something about the way he was playing made me stop and pay attention. Peeking into his room I walked into the light. You know how children radiate light and positivity. Standing in his doorway, I watched this joyful child play. I listened as he told a story to his toys.

I realized that I was smiling. Not just smiling but grinning from ear to ear. My heart and body were filled with joy. It was a feeling that I hadn't had in a while. As I stood there watching him, I realized that I would never have that exact day and time back. It was a precious gift. Each moment of our lives is a precious gift. Right now is a gift.

You cannot respect the gift if you live your life in fear and negativity. I made a conscious decision at that point to be positive. I took my son to school that day. We played, laughed, and sang the entire way. Unlike those fleeting positive thoughts in the past, I held onto this positivity like my life depended on it – and in truth, it probably did.

Comment sent in by  
Susan Wiebers



**Surely when all is said and done my tombstone wasn't going to read, "Here lies Joshua Crabb. He lost that one big sales deal back in 2013."**

I headed to work still smiling. I started saying things aloud like "it's all going to be just fine."

I can only control what I can control. I can only control myself.

I started questioning my life and my purpose. What was my legacy going to be? Surely when all is said and done my tombstone wasn't going to read, "Here lies Joshua Crabb. He lost that one big sales deal back in 2013."

I took a chance on me, knowing I had to make a positive investment in me somehow. I connected with myself to take an energy approach to re-center myself, solidify my steps to be positive and embody that spirit moving forward for myself and everyone I connect with.

I realized that if one positive comment had the power to change my entire perspective on life, just think what it could do for others. I created Positive Comment of the Day on Facebook. Each

day I'd share a positive comment, handwritten, because writing has power to connect with your soul on a different level. I invited people to send me their positive comments, written down on paper, and I'd post them on the page. A movement began.

## **Why One Positive Comment Works**

We get lost going day to day.

When you stop to look at the big picture, does it matter if you focus on the negative instead of the positive?

Yes. It's easier to stay focused on the negative. It takes work to clear your mind of those thoughts and fears. I know that like attracts like, and that one negative comment can quickly multiply. One positive comment has the same results – it grows stronger when you focus on it. The challenge is to decide where you're going to put your focus.

## **A Powerful Reminder**

One Positive Comment works much like a gratitude journal. When you write down what you're grateful for, it reminds you to focus on the good in your life. The same is true for positive thoughts and comments. When you write them down, you have a powerful reminder. Simply by writing a positive thought or comment, you're committing to being positive every single day.

## **A Community of Support**

Like attracts like, right? Now imagine how much more powerful that attraction is when you surround yourself with others who are on the same path and have the same purpose. Not only are you committing to focusing on, and attracting, positive forces and events in your life, you're also creating a movement. There's strength in that. One small voice singing is beautiful; thousands singing together is life-altering and shakes the heavens.

## **Awareness**

By engaging in One Positive Comment, or creating your own practice, you remind yourself to become aware of your thoughts. Negative thoughts will still enter your mind. We're human and some days are difficult. Writing your positive comment for the day and keeping it with you or sharing it helps you become more aware of your thoughts, and thus gives you the power to choose. If you're unconscious about your thoughts, you can't choose them. They bubble up and control your emotions and reactions. When you're aware of them, you can take positive action and shift your energy.

## **Change is Waiting for You**

Start writing down one thought each day. It doesn't have to be poetic or perfect. Let your soul speak and write it down. Meditate on it if you choose. Read it aloud. Fold it up and keep it with

you, tuck it in a box, pin it to a board or share it with me. Do what feels right and embrace positivity. Start your snowball effect to create a positive change in your life today.

### **Will it work for you?**

This is the choice that you have to make. I know it sounds like it can't be this simple, but it is. If you dedicate yourself to follow what I have done, you may be able to see the same results that I have. You can set this down and never think of it again, or you pick up a pen and start with One Positive Comment.

For more information, please go to

[www.positivecomment.net](http://www.positivecomment.net)

[www.facebook.com/positivecommentoftheday](https://www.facebook.com/positivecommentoftheday)

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